

Chicken Kebab Lettuce Wraps

Makes: 4 Servings

“This recipe was inspired by my mom’s workouts and the diverse cultures that live in our community,” says Fanai. “The coleslaw is like our community—full of different flavors from all of the different cultures that live here.”

Ingredients

For the Chicken Kebabs:

- 2 1/2 cups** water
- 1 cup** brown rice
- 1/2 pound** ground chicken
- 1/2 teaspoon** cumin
- 1/2 teaspoon** garlic powder
- 1/2 teaspoon** salt
- 1 tablespoon** fresh lemon juice
- 3 tablespoons** chopped parsley
- 1** egg
- 1/4 cup** breadcrumbs

For the Coleslaw:

- 1/4 cup** bell pepper, seeded and thinly sliced
- 1/4 cup** finely chopped celery
- 1/2** green apple, peeled and thinly sliced
- 1/4 cup** sliced grapes
- 1/2 cup** peas
- 1/4** onion, peeled and thinly sliced
- 1/4 cup** carrot, peeled and thinly sliced
- 1/4 cup** raisins
- 1/4 cup** low-fat plain yogurt
- 1/4 cup** low-fat mayonnaise
- Salt and freshly ground black pepper

To Assemble:

- Nonstick spray
- 8** romaine lettuce leaves



Nutrition Information

Nutrients	Amount
Calories	422
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	89 mg
Sodium	573 mg
Total Carbohydrate	60 g
Dietary Fiber	6 g
Total Sugars	14 g
Added Sugars included	2 g
Protein	19 g
Vitamin D	N/A

Directions

1. **To make the Chicken Kebabs:** In a large stockpot, boil water with the rice over medium-high heat, cover, reduce heat to low, and simmer for 45 minutes, or until tender and water has been absorbed. Preheat the oven to 350°F. In a large bowl, combine all the kebab ingredients, and using your hands, form into 4 patties and place on a large non-stick baking sheet. Bake for 40 minutes, or until golden brown.
2. **To make the Coleslaw:** In a large mixing bowl, combine all of the ingredients and mix well.
3. **To Assemble:** Place patty on top of lettuce leaves and top with coleslaw.

The 2016 Healthy Lunchtime Challenge Cookbook